



Providing A Holistic Approach to Trauma



Addison Washington- Program participant in Journey To Healing's Expressing Me program

Phone: (313) 731-2871| **Email:** info@j2hinc.org| **Address:** 10231 Puritan Detroit, MI 48238



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Executive Director Message

Greetings,

I am honored to be the Founder and Executive Director of Journey To Healing. I am most grateful that I have the opportunity to lead such an impactful organization that has supported so many families in Metro Detroit. While supporting others I continue to heal myself from the trauma I faced after the heart-wrenching loss of my brother, Cleveland Gregory Jr. Although grief and loss are inevitable, organizations like Journey To Healing are dedicated to making a difference by providing a holistic approach to trauma. The year 2020 created disruption and a shift in all our lives. I appreciate our supporters, funders, contractors, employee team, and the board of directors for reaching deep to support our organization. More than ever youth and adults need high-quality mental health support. In 2020, we launched our virtual hub, which increased our capacity of reaching more families around the world. Year to date, we have touched the lives of families in New York, Alabama, and Georgia with our outreach initiatives.

Thank you for your dedication and commitment to Journey To Healing, and most importantly, your commitment to the community we serve.



With Gratitude,

Shardaya Fuquay- Executive Director of Journey To Healing

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Who We Are

Journey to Healing, a 501(c)(3) nonprofit organization that is committed to serving families in Detroit. We are an organization committed to offering education, resources, and awareness to families who experienced a traumatic loss. As we celebrate our 5th year of providing healing programs in the community, we are searching for new energy to lead our organization.

Journey to Healing has the privilege of serving the Metro, Detroit community since 2017. We are a high-impact organization that generates tremendous community awareness and support that enables all the participants to heal from trauma. In 2020, we serviced over 425 youth and adults in Wayne County by providing educational training, social-emotional programming for youth and adults, and clinical therapeutic services. Our goal is to empower communities through our Trauma Informed Community Building Model. This strategic plan helps families learn coping skills through art, music, and drama therapy.

Demographics:

Journey to Healing is dedicated to implementing programs that make a difference in strengthening Detroit's inner-city neighborhoods.

- Commonality of having mental health challenges related to grief and Loss
- 98% of Detroit residents
- 86 % low-income

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Our History

2017: Journey to Healing has the privilege of serving the Detroit community since 2017. The organization was founded by Shardaya Fuquay (sister), and Misty Gregory (mother) after the traumatic death of Cleveland Gregory Jr. in 2014. Cleveland was survived by his three sons- at the time of his death, they were 1 month, 1 years old, and 2 years -old. After experiencing a heart-wrenching unexpected loss, we decided to help other families suffering from grief and trauma.

The Board of Directors was established; it was important for us to have individuals that are not just mental health professionals but have empathy towards families who experience trauma. Our board of directors is diverse in age, religion, gender, and career. Our board are professionals in social work, psychology, family therapy, education, business, and engineering; however, they have a commonality in experiencing a traumatic loss. Journey to Healing creates opportunities for everyone to include the board of directors to continue to heal from their pain. Board members and their families are visible at programs. To extend our reach, we partnered with The Detroit Public Library in several areas in Metro-Detroit to support youth and adults with our community outreach services and grief support.

2018-19: In 2018, we conducted a community needs assessment and recognized that the sudden traumatic loss may also result in secondary losses such as loss of income, loss of home or other property, and strained mental and emotional wellness. Survivors of these types of death have a greater chance of developing complicated grief reactions. As well, they may be unable to function at the necessary level required to process grief, resulting in delayed grief reactions (A. G. Holtman).

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We shifted focus from grief to supporting all levels of trauma. Our Trauma Informed Community Building Model supports families through grief and trauma; as well as identifying resources for them to sustain. Our holistic approach is individualized and culturally competent.

We supported 225 families with grief support and community outreach programming. 30 families received toys and food gift cards at our Christmas Holiday Giveaway event. We awarded two high school seniors with scholarships through our *Cleveland Gregory Jr. Foundation*.

2020: We serviced over 425 youth and adults in Wayne County by providing educational training, social-emotional programming for youth and adults, and clinical therapeutic services. Our holistic model created opportunities for families to earn coping skills through art, music, and drama therapy. We awarded three high school seniors with scholarships through our *Cleveland Gregory Jr. Foundation*. We increased our impact by providing contracted services (Education Trainings and Community Outreach programs) to community organizations such as Brilliant Detroit, COTS Detroit, and Detroit Wayne Integrated Health Network.

2021:



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Our Mission, Vision, and Philosophy:

Mission:

Journey To Healing is a 501(c)(3) nonprofit dedicated to connecting families who have experienced trauma related to grief and loss to resources, education, and awareness to decrease the stigma associated with mental health.

Vision:

Our vision is for our community to become trauma informed by transforming their pain into power. Our Trauma Informed Community Building model approaches grief and or loss separately so that we can heal each layer of trauma. We encourage resilience in our families and work to build consciousness through intentional programming that promotes healing justice that leads to power.

Philosophy:

Journey to Healing is dedicated to implementing programs that make a difference in strengthening communities. It is our goal to foster an inclusive environment for community residents that receive our services. We aim to elevate our community residents' voices so that they feel valued and heard. We ensure this by receiving incremental feedback that shapes our program and design. Our holistic approach is individualized and culturally competent. We support everyone regardless of age, sex, gender, or sexual orientation and ensure our programming is inclusive. We understand that everyone reacts to trauma differently; our programs are unique and individualized to represent the diversity of our clients.

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Our Impact: Meet Ariyah! Ariyah and her caregiver are working through emotions with our art therapy method. According to the National Center of Health Studies, an estimated 1 in 5 children will experience the death of someone close to them by age 18. This year we expanded our reach by creating a virtual hub for families to continue to participate in programming through the COVID-19 pandemic. Year to date we supported 450 youth adults with our outreach and counseling services. We supported 75 families with holiday gifts and 250 Detroit youth with essential school supplies to support online learning.

We launched electronic surveys using a digital platform for families to give us feedback at any time. Our Clinical Board Advisers and Program Director held monthly meetings to analyze incremental feedback from assessments and collation meetings to determine future programming design and needs. Our data indicated that our evidence-based model of healing helps to elevate the voices of the community.

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Our Goal:



Our goal is to empower communities through our Trauma Informed Community Building Model. This strategic plan identifies neighborhoods in Detroit, based on a mental health needs assessment completed by the community. We aim to build trust and empower community members by elevating their voice in shaping all our project goals. We use this as our foundation to create intentional programming for children and families to improve healthier outcomes.

According to the Substance Abuse and Mental Health Service in Michigan about 35,000 people experience mental health challenges related to depression and anxiety each year. Currently, 43.6% receive support, leaving 56.4% with unmet needs. To increase the number of families we service we lean to our peer volunteers for support. Our peer volunteers are referred to as “Healing Agents.” Healing Agents are a group of individuals aged 14 and older that have experienced trauma and have received support from Journey to Healing. After receiving support from our programs, they come back to assist in the facilitation of programs and events. Fostering the growth of our Healing Agents increases community engagement and sustainability for our organization. Additionally, our Healing Agents can provide empathetic support for youth and families who have experienced similar trauma.



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Our Leadership Team:



Shardaya Fuquay, M. Ed- Founder and Executive Director

Education: Master of Education in Elementary Education and Special Education, Certified Grief Counselor, Certificate of Completion Trauma Informed Care

Shardaya is a parent leader with Great Start Collaborative, Nurse-Family Partnership, and greatly supports Brilliant Detroit and Focus Hope. She is a member of the Mental Health Association in Michigan, Council for Exceptional Children, Early childhood Invest Corporation, and Michigan Association of Infant Mental Health.



Misty Gregory, MBA- Executive Associate Director and President of Cleveland Gregory Scholarship Foundation

Education: Master of Business Administration and Certified Health Professional

Misty is a member of the Small Business Association of Michigan National Black MBA Association, Order of the Eastern Star, Great Lakes Women's Business Council Network, and an active member of the Notary Association. Misty enjoys spending time with grandkids and volunteering at their school. **Misty is a board member in honor of her son.**

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Kenzie Fuquay, BA - Director of Strategic Partnerships

Education: Associate of Arts, Bachelor of Arts Business - General Business, and Certified Health Professional. Kenzie is a birth equity advocate for minorities. He enjoys volunteering with the March of Dimes and Salvation Army Donation Center. He is an active member of the National Notary Association. **Kenzie is a Board Member in honor of his two brothers.**



Thiera D. Lane, LPC, TLLP, NCC- Clinical Director

Education: Master of Arts in Licensed Professional Counselor, Master of Psychology, Temporary Limited License Psychologist, National Certified Counselor, Doctoral Candidate at University of Detroit (May 2021)

Thiera enjoys hosting mental health workshops in her community. Thiera specializes in mindfulness and coping skills. She is a business owner where she supports residents in Detroit by treating mental health challenges. There is a member of the National Alliance of Mental Illness. **Thiera is a board member in honor of her aunt.**

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Our Partnerships and Funders:



Continued Partners:

- Mind Management Institute
- The Michael Grief Support Organization
- Hearn & Taylor Funeral Home
- C.M. Gregory Developers
- Detroit Parent Collective
- Better Made Chips
- Jimmy Johns
- Frito-Lay
- Little Caesars

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Our Outreach Program and Services:



Outreach

Our outreach programs are free and it is our way of giving back to the community. Our program prioritizes and aids in the social-emotional development of youth and families. Our program creates a pathway to healing and advances social and economic mobility. Detroit has a median household income of \$31,283 and has a rate of 2,057 violent crimes per 100,000 people. Residents are 77.3% black, 7.84% Hispanic, 11.8 % other than white and are less likely to not seek mental health treatment after experiencing a traumatic loss due to accessibility or financial cost.

Kids Connect Art Therapy program :

Kids Connect is a 4-week workshop to engage and create a safe space for children ages 7 to 14 years old to explore feelings and emotions through arts. Our goal is to build on new and existing social-emotional skills through artistic expression.

Core Areas of Kids Connect:

- Identifying and Assessing coping skills and essential social-emotional skills in youth
- Build social-emotional and wellness coping skills through mindful art activities.
- Safe Space Healing Circle
- Providing guidance and resources as it relates to processing adverse experiences for youth and family.

Expressing Me :

Expressing Me” is a 4-week workshop to engage children ages 2 to 6 years old and their caregivers in language acquisition, gross and fine motor skills, and opportunities to explore feelings and emotions through arts.

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The Core Areas are:

- Building social-emotional development and self-awareness.
- Preventing the effects of early childhood trauma.
- Support children who experience Adverse Childhood Experiences.
- Supporting caregivers who experienced childhood trauma.
- Building fine and gross motor skills through expressive art play and language acquisition skills.

Grief Support for youth and Adults - Our grief program provides support to children and families at a time when they may feel most vulnerable. We support our families at any stage in the grief process. We recognize through our own experiences that grief is difficult and it is something that you can not do alone. Although loss is an inevitable part of life; the experience of a significant loss such as death, divorce, or separation from a primary caregiver challenges us all, especially children. In the aftermath of loss, children need the support of caring adults to help them make sense of their loss, to support them in their grief, and to encourage their use of healthy and adaptive coping strategies. Journey To Healing grief support program provides support for separate appropriate ages.

Our Deliverables and Outcomes:

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Services

**3985
Clinical
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Therapeutic Services

**98
Clinical
Hours**

Educational Training

**102
Families
Served**

Emergency Consultation

Outreach

**120
Families
Served**

Expressing Me

**250
Families
Served**

Grief Support

**80
Families
Served**

Kids Connect

Our Commitment To Equity, Inclusion, And Diversity (EID):

Our holistic approach is individualized and culturally competent. We support everyone regardless of age, sex, gender, or sexual orientation and ensure our programming is inclusive. We understand that everyone reacts to trauma differently; our programs are unique and individualized to represent the diversity of our clients.

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